

Benefits of Water Exercise

Increase strength, flexibility, energy, range of motion, muscle tone, circulation, endurance, balance, coordination and self-esteem.

Decrease stress, blood pressure, tension, weight gain, body fat, impact on joints and risk of injury.

Enhance well-being, sleeping patterns, recovery time from injuries.

The water offers continual resistance to every move you make and provides an additional 12 - 14% more resistance than when you exercise on land.

Water Exercise Class Pass

Water exercise passes can be purchased at all aquatic facilities. No preregistration is required. One pass allows you to attend any 8 water exercise classes within 1 year.

Prices for an 8 class pass:

Raleigh Resident

Adult \$40 Senior \$32

Non-Raleigh Resident

Adult \$52 Senior \$44

Want to take and pay for just one class? Then check in at the front desk and pay for one class 15 minutes prior to class start time.



City of Raleigh Parks, Recreation and
Cultural Resources Department
Aquatics Program
2401 Wade Avenue
Raleigh, NC 27607
P&R 6513
Aquatic Admin



Water Exercise Classes 2015 Holiday Brochure

Class Locations

Buffaloe Road Aquatic Center
5908 Buffaloe Road, Raleigh 27616
919-996-5600

Millbrook Pool
1905 Spring Forest Drive, Raleigh 27615
919-996-4130

Optimist Pool
5902 Whittier Drive, Raleigh 27609
919-870-2882

Pullen Aquatic Center
410 Ashe Ave, Raleigh 27606
919-996-6197

Aquatics Program
919-996-6852
aquatics@raleighnc.gov
[parks.raleighnc.gov/
aquatics](http://parks.raleighnc.gov/aquatics)



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

Class Descriptions & Intensity Levels



Intensity Scale

Level 1-2 Low intensity Level 3 Moderate intensity Level 4-5 High intensity

Shallow Water Classes

Arthritis Class (Level 1-2)

This class is designed for people with arthritis, fibromyalgia or other conditions that would benefit from range of motion exercises in **warm water** (88-89 degrees).

Aqua – Combo (Level 1-3)

Combo here refers to the water depth where an individual places themselves in a water depth anywhere from chest to neck depth, depending on personal preference.

Current Channel Challenge (Level 2-4)

Combination use of current channel and shallow water area. Also modified into a family format for all ages. Offered only at Buffalo Road Aquatic Center.

Hydro-fusion (Level 2-4)

This class offers a variety of continuous exercises to gain muscular strength, coordination, and cardiovascular endurance.

Water Walking (Level 1-2)

Class includes range of motion, long movements and basic cardiovascular workout.

Zumba (Level 1-2)

Aqua Zumba® blends the Zumba® philosophy with water resistance for low-impact, high-energy aquatic exercise

Deep Water Classes - (Exercise belts provided)

Intervals (Level 3-4)

Combination of high and low intensity exercises.

Power Hour (Level 4-5)

Quick, continuous and powerful movements with no impact for the advanced exerciser.

Classes subject to change. Visit parks.raleighnc.gov, keyword search *Raleighaqua* for updated information.

CLOSURE FOR November

Buffalo Road AQUATIC CENTER: October 24— November 20 Reopens November 21

Class Schedule

All pools are closed on November 26 & 27 for Thanksgiving and December 24 & 25 for Christmas.

Additional cancellations listed below.

Buffalo Road Aquatic Center

Shallow Water

T/TH 10:30-11:30am Channel Challenge

Deep Water

M 6-7pm Power Hour

Millbrook Exchange Pool

Shallow Water

M/W/F 9-10am

Water Walking

T/TH 9-10am

Hydrofusion

Deep Water

T 6-7pm

Power Hour

TH 6-7pm

Intervals

Sat 8-9am

Power Hour

Optimist Pool

Shallow Water

M/W/F 9-10am

Aqua-Combo

M/W/F 10-11am

Aqua-Combo

T/TH* 9-10am

Hydro-fusion

***(No class 12/31)**

Pullen Aquatic Center

Shallow Water

M/W/F 9:45-10:45 am

Arthritis

T/TH* 12:30-1:30pm

Zumba

***(no class 12/22 & 12/29)**

Saturday* 10-11am

Zumba/Hydrofusion

***(no class 12/26)**

Deep Water

M/W/F 8:30-9:30am

Intervals

M/W/F 11am-12:00pm

Intervals

W* 6pm

Intervals

***(no class 12/23)**